



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09117, Grapefruit, raw, white, California

Report Date: June 30, 2017 10:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:51% Refuse Description: Peel, seeds, core, and membrane

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Proximates						
Water	g	89.58	18	0.265	206.03	105.70
Energy	kcal	37	--	--	85	44
Energy	kJ	155	--	--	356	183
Protein	g	0.88	19	0.024	2.02	1.04
Total lipid (fat)	g	0.10	--	--	0.23	0.12
Ash	g	0.35	17	0.010	0.81	0.41
Carbohydrate, by difference	g	9.09	--	--	20.91	10.73
Minerals						
Calcium, Ca	mg	12	27	0.320	28	14
Iron, Fe	mg	0.08	16	0.010	0.18	0.09
Magnesium, Mg	mg	9	43	0.328	21	11
Phosphorus, P	mg	12	18	0.784	28	14
Potassium, K	mg	143	35	2.954	329	169
Sodium, Na	mg	0	11	0.047	0	0
Zinc, Zn	mg	0.07	1	--	0.16	0.08
Copper, Cu	mg	0.032	17	0.003	0.074	0.038
Manganese, Mn	mg	0.020	16	0.003	0.046	0.024
Vitamins						
Vitamin C, total ascorbic acid	mg	33.3	27	0.867	76.6	39.3
Thiamin	mg	0.037	27	0.002	0.085	0.044
Riboflavin	mg	0.020	--	--	0.046	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Niacin	mg	0.269	27	0.009	0.619	0.317
Pantothenic acid	mg	0.283	--	--	0.651	0.334
Vitamin B-6	mg	0.043	19	0.002	0.099	0.051
Folate, total	μg	12	27	0.494	28	14
Folic acid	μg	0	--	--	0	0
Folate, food	μg	12	27	0.494	28	14
Folate, DFE	μg	12	--	--	28	14
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	0	--	--	0	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	10	--	--	23	12
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.014	--	--	0.032	0.017
16:0	g	0.012	--	--	0.028	0.014
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.030	0.015
16:1 undifferentiated	g	0.001	--	--	0.002	0.001
18:1 undifferentiated	g	0.012	--	--	0.028	0.014
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055	0.028
18:2 undifferentiated	g	0.019	--	--	0.044	0.022
18:3 undifferentiated	g	0.005	--	--	0.012	0.006
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan ^{1 2}	g	0.009	--	--	0.021	0.011
Threonine ^{1 2}	g	0.015	--	--	0.034	0.018
Isoleucine ^{1 2}	g	0.009	--	--	0.021	0.011
Leucine ^{1 2}	g	0.017	--	--	0.039	0.020
Lysine ^{1 2}	g	0.022	--	--	0.051	0.026
Methionine ^{1 2}	g	0.008	--	--	0.018	0.009
Cystine ^{1 2}	g	0.009	--	--	0.021	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Phenylalanine ^{1 2}	g	0.053	--	--	0.122	0.063
Tyrosine ^{1 2}	g	0.009	--	--	0.021	0.011
Valine ^{1 2}	g	0.017	--	--	0.039	0.020
Arginine ^{1 2}	g	0.099	--	--	0.228	0.117
Histidine ^{1 2}	g	0.009	--	--	0.021	0.011
Alanine ^{1 2}	g	0.028	--	--	0.064	0.033
Aspartic acid ^{1 2}	g	0.157	--	--	0.361	0.185
Glutamic acid ^{1 2}	g	0.225	--	--	0.517	0.266
Glycine ^{1 2}	g	0.017	--	--	0.039	0.020
Proline ^{1 2}	g	0.072	--	--	0.166	0.085
Serine ^{1 2}	g	0.032	--	--	0.074	0.038

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD